

Tremont Neighborhood Health Action Center

Calendar of Events | September 2022



Family Wellness

Crib and Car Seat Distribution

Families can get an infant car seat or safe sleep surface for their infant, if they need one.

To register, call 718-508-0629.

Wednesdays | 2 to 5 p.m.

Virtual Baby Café

This virtual support group is for people who are breastfeeding. Trained professionals will provide practical breastfeeding support, such as help with latching and breast milk supply, and answer questions from participants. This month's topics include:

- September 1st: Learn how to select a breast pump.
- September 8th: Learn how to hand express milk.
- September 15th: Learn about breast infections.
- September 22nd: Learn how to connect with your partner during breastfeeding.
- September 29th: Learn about common breastfeeding myths.

To register, visit bit.ly/BabyCafeBX.

Thursdays | 11 a.m. to noon | English

Thursdays | 1 to 2 p.m. | Spanish

Diabetes Workshops

Take Control NYC: Free Diabetes Workshops

This in person workshop will teach participants about diabetes and ways to manage their health.

To register, visit bit.ly/DiabetesWorkshopsBX, email hchumpa@health.nyc.gov, or call 718-508-0609.

Wednesday, September 28 | 6 to 8 p.m.

Take Control NYC: Free Diabetes Workshops

This virtual workshop will teach participants about diabetes and ways to manage their health.

To register, visit bit.ly/VirtualDiabetesWorkshopsBX, email hchumpa@health.nyc.gov or call 718-508-0609.

Tuesday, September 27 | 6 to 8 p.m.

Prenatal Nutrition and Gestational Diabetes Workshop

This free, virtual workshop will teach participants about prenatal nutrition and gestational diabetes, a type of diabetes that develops during pregnancy.

To register, visit bit.ly/PrenatalNutritionBX, email hchumpa@health.nyc.gov or call 718-508-0609.

Wednesday, September 28 | 6 to 7:30 p.m.

Action Center Resources

Fall "Back On Track" Festival

Join this festival for a free, fun-filled day for the entire family. Activities include basketball, scavenger hunts, leaf painting, pumpkin carving, Zumba, music, yoga and handball. Giveaways and resources will be available.

Where: Tremont Park (enter between Arthur Ave. and 175 St.).

Saturday, September 17 | 10 a.m. to 6 p.m.

Public Health Corps (PHC) in Your Borough

Join this in-person event to celebrate the one-year anniversary of PHC, along with the work and partnerships created to address the needs of New Yorkers to improve health and recovery from the COVID-19 pandemic.

Registration is recommended.

To register, visit bit.ly/PHCInYourBorough2022BX.

September 17 | 2 to 6 p.m.

Referrals and Community Resources

For help getting referrals to neighborhood resources such as insurance enrollment and community resources, contact 718-508-0653 or rsmith18@health.nyc.gov.

Face Mask and Hand Sanitizer Distribution

Free KN95 masks, disposable masks for children and adults, hand sanitizer, and more will be available for community residents and organizations.

For more information, community residents can contact 646-939-0139 or rsierra@health.nyc.gov, and community organizations can contact 646-941-9754 or lpaulino2@health.nyc.gov.

Walk to the Park Group Activity

This local walk group aims to support physical activity among residents who live in the Bronx. Free Health Bucks will be provided to participants. For more information email bronxactioncenter@health.nyc.gov, call 718-508-0662 or text 646-939-0139.

Meet up location: Tremont Public Library, 1866 Washington Ave., Bronx, NY 10457.

Tuesdays | 10 a.m.

About Us

The Neighborhood Health Action Centers provide health and wellness services in Tremont, as part of New York City's effort to promote health equity.

Location

Tremont Neighborhood Health Action Center
1826 Arthur Ave., Bronx, NY 10457

For more information, call 718-508-0662 or 718-508-0629, or text 646-939-0139.



Most classes are in English, but if language services are needed, contact us at least 72 hours before the class.